



# SWiM-COVID

Supporting Weight Management during COVID-19

## Spring 2023 Newsletter

### THE SWiM-COVID TRIAL IS COMPLETE

388 people  
randomised

324  
completed  
4 month  
assessment

266  
completed  
12 month  
assessment

Findings now  
published

We are delighted to let you know that the SWiM-COVID trial is now complete. We recently published the 12 months outcomes in the *International Journal of Obesity*. You can read about the results of the trial on the next page.

The SWiM COVID intervention helped people living with obesity to reduce their emotional eating, improve their physical activity and maintain their wellbeing during the COVID-19 pandemic.

On the basis of this research, our team was awarded The Association for the Study of Obesity award for the Prevention and Treatment of Obesity. We have also published 3 papers on our findings and presented our results at conferences across Europe and America.

### WE COULDN'T HAVE DONE IT WITHOUT YOU

Thank you for taking part in this important trial. This work would not be possible without your important contribution to helping us learn more about how to support people living with overweight or obesity.

### WHAT'S NEXT?

We are using what we learned from this trial to improve the intervention for use outside of the COVID -19 pandemic and to make it accessible to people who want this type of support.

### YOU CAN CONTACT US AT...



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# HOW WELL DID THE SWiM-C WEIGHT MANAGEMENT PROGRAMME SUPPORT OVERALL HEALTH DURING COVID-19?



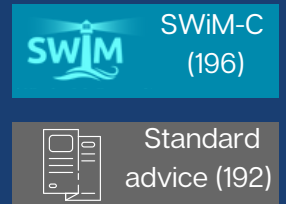
SWiM-C is an online guided self-help programme to support adults living with obesity during the COVID-19 pandemic.

SWiM-C is based on Acceptance and Commitment Therapy. This psychological approach helps people accept uncomfortable feelings, like food cravings, so that they can act in ways that are important to them, like eating healthily.

## The study

We randomised 388 adults living with overweight or obesity to SWiM-C or standard advice.

We measured changes in weight, health behaviours and wellbeing at 4 and 12 months.



## Changes in weight

Over 12 months, SWiM-C participants lost more weight than the standard advice group, but we are unsure if this was due to SWiM-C or random chance.

## Changes in health behaviours & wellbeing

Compared to the standard advice group, SWiM-C participants reported:

- greater **increases in physical activity**
- greater **reductions in emotional eating**
- greater **reductions in overeating**
- greater **willingness to tolerate uncomfortable feelings in pursuit of their goals**



SWiM-C participants **maintained their wellbeing** throughout the 12 months, whilst the standard advice group experienced a reduction in wellbeing at 4 months.

**While the effect of SWiM-C on weight was inconclusive, it improved health behaviours and wellbeing. We are further developing this programme to enhance its effects.**

Supporting Weight Management during COVID-19: A randomized controlled trial of a web-based, ACT-based, guided self-help intervention. Mueller et al 2022. *Obesity Facts*. <https://doi.org/10.1159/000524031>

Supporting Weight Management during COVID-19 (SWiM-C): Twelve-month follow-up of a randomised controlled trial of a web-based, ACT-based, guided self-help intervention. Mueller et al 2022. *IJO*. <https://doi.org/10.1038/s41366-022-01232-x>



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